

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 58: Behavioral Capability of California Adolescents

Did you know how to pick out healthy foods from menus?

Did anyone ever teach you how to cook foods in a healthy way?

How many times per week do you cook for your family or the people you live with?

	Percent of Adolescents			Mean
	Can Pick Healthy Foods From Menus ¹	Taught to Cook Healthy ¹	Adolescents Who Cooked for Family > 1 Time a Week ¹	Weekly Frequency of Cooking for Family ^{2,3}
Total	86	65	57	1.9
Gender				
Males	86	61 ***	52 ***	1.8 *
Females	85	70	63	2.0
Ethnicity				
White	92 ***	67	57	1.9
African American	95	73	62	1.9
Latino	77	61	56	1.9
Asian/Other	79	68	59	2.0
Gender by Age				
Males				
12-13	91 *	59	50	1.9
14-15	87	60	51	1.7
16-17	81	63	54	1.8
Females				
12-13	85	72	62	1.8
14-15	83	70	62	2.1
16-17	86	68	64	2.2
Smoking Status				
Non-Smokers	86 *	64 **	57	1.9
Smokers	78	79	62	1.9
Physical Activity Status				
Regular	87 *	65	58	1.9
Irregular	80	66	55	2.0
Overweight Status				
Not at Risk	87	66	58	1.9
At Risk/Overweight	84	64	54	1.9

A box around a group of numbers signifies that differences observed within this group are statistically significant.

¹ Chi Square Test

² ANOVA

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001